

don't  
**shake**  
us...



you  
might  
break  
us!

**Prevent Child Abuse.**



Michigan Chapter of Prevent Child Abuse America

## **Calming a Crying Baby**

- Check to see if the baby needs to be fed, changed or made comfortable.
- Make sure that the baby is not ill. Check for fever or swollen gums. If these signs are present, call your doctor or give proper care based on the symptoms.
- Gently rock or walk with the baby.
- Take the baby for a ride in the stroller, or in a car seat in the car.
- Put the baby in a snuggly, soft, warm blanket.
- Check to make sure that the clothing is not too tight or the fingers or toes are not bent.
- Turn up the music on the stereo, run the vacuum, turn on the dryer, or let the water run in the tub for a few minutes. Babies enjoy consistent rhythmic noise.
- Talk or sing quietly to the baby.
- Offer the baby a noisy toy. Shake or rattle the toy.
- Put the baby in a soft front carrier close to your body and breathe slowly and calmly. The baby may feel your calmness and become quiet.
- Give the baby a pacifier.
- Lay the baby tummy down across your lap and gently rub or pat his/her back.
- Massage the baby's body and limbs gently or tickle soft circles on their face.
- Call a friend or relative you trust to take over, while you take a time-out.
- If nothing else works, put the baby in his or her bed, close the door and turn up the television or the radio. Check on the baby every 10 to 15 minutes. The baby may just go to sleep.
- NEVER EVER SHAKE A BABY.

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